

NEWS BULLETIN

**Riverside
College**
Widnes & Runcorn

**CRANTON
SIXTHFORM
COLLEGE**

WELLBEING

December Newsletter

As we approach the end of a long term, we hope you can rest and recharge over the Christmas holidays. The Wellbeing team, based in the Programme Management Office, would like to wish you all a wonderful Christmas and New Year. We are mindful that Christmas can be a challenging time for some and so please do look at the resources and support websites referenced in this newsletter.

Christmas is a wonderful time but it can be challenging for many, it may be you are coping with a bereavement, relationship break up or worried about money matters. Whatever the issue, it is crucial that you look after your own mental wellbeing. Be kind and patient with yourself. It might help to think about what's best for your wellbeing during Christmas and prioritise what you need. Set your boundaries, say no to things that aren't helpful for you. Take time out for you and do something to distract yourself. For example, you could watch a film or read a book that's set in the summer. You could try learning a new skill. Remind yourself that this time will pass and you will move on to better times.

Samaritans

Free, confidential emotional support:

 116 123

 www.samaritans.com

Shout


Free, confidential 24/7 text messaging support:



Text 'SHOUT' to 85258

Papyrus

Free confidential support if you are 35 and under and struggling with suicidal thoughts or are supporting someone who is:

 0800 086 41 41

 www.papyrus-uk.org

NHS urgent mental health helpline

 111 Option 2

Nobody should go without food, if you need a foodbank voucher follow the simple steps on the Trussell Trust Website. www.trussell.org.uk

- I need food voucher
- Search town to direct you to your local foodbank
- Where to get voucher. This will direct you to local agencies who can supply a foodbank voucher
- Once you are issued a foodbank voucher you will be issued with 3 days emergency food.

Spiking

What does spiking mean?

To spike a drink means to put alcohol or drugs into someone's drink without their knowledge or permission. This might be with the intention to incapacitate someone enough to rob or even sexually assault them. Although sometimes spiking can be intended as a joke, it's a very bad joke that is both dangerous and illegal.

Select below for more information or advice.

Advice on how to protect yourself and stay safe:

Spiking - how to protect yourself on a night out | FRANK



Coping with grief at Christmas



When you're grieving, the thought of celebrating Christmas can be daunting. It's important to look after yourself and work out the best ways to cope throughout the festive period. It might be worthwhile trying to plan in advance how you will celebrate. You may even decide to skip Christmas altogether. Or you might decide that having a "normal" Christmas is the best way to honour your missing loved one.

Find ways to remember them

This can be as simple as 'speaking' to the person, silently or out loud, visiting their grave, or a place that was special to them. These things can be done alone or with friends or family. You may have photos or memories which you can share to bring you together.

Look after yourself

Take time to rest and be kind to yourself and your needs. Everyone deals with grief in a different way so try not to be pressured into doing anything that may feel difficult for you.

Consider taking a break from Christmas films and TV

It can be tough when you are surrounded by happy images of families celebrating. If it is getting too much, consider taking a break from TV and social media and getting some fresh air instead.

Talk to someone

If you're struggling to deal with grief over Christmas, you can call the Cruse Helpline on 0808 808 1677 cruse.org.uk, Samaritans on 116 123 jo@samaritans.org and Child Bereavement on 0800 02 888 40 or helpline@childbereavementuk.org

Staying safe this Christmas: Out and about - be prepared!

Money Matters: Have a budget for nights out and try and stick to it, it is a long time until January pay day for some of us. When going out, take some cash, as well as your bankcard and phone, just in case you lose them. There's nothing worse than losing your purse/wallet and having to contact your bank. Consider putting a piece of paper with 3 fake pin numbers in your purse/wallet. If someone finds it and attempts to use the pin, the machine will swallow it before they can use the contactless function.

Wear a coat

Yes, even with that outfit. Temperatures can plummet in December, you don't want to get caught short waiting for a taxi. Keep your phone battery charged, bring a portable charger and keep money aside for the journey home.

Pace yourself

Alternate your festive drink with water and never drink on an empty stomach. Know your limits.

Spiking

Keep an eye on your drinks, and don't accept drinks from other people. If you think you may have been spiked, stay with a group of friends and call 111 for advice.

Look out for your mates and let them look out for you

Trust your instincts – if a situation is making you feel uneasy or nervous then it's probably best for you to move away from it

Be safe

Store two or three taxi numbers in your phone and aim to journey home in groups. Don't walk home alone. Let friends and family know your plans and stay in touch.

Most of all, have fun and enjoy yourself! See you in 2025, make it your year!

The Wellbeing Team.

